

CALIFORNIA STATE PARKS

FOLSOM LAKE JUNIOR LIFEGUARDS



PARENT & PARTICIPANT HANDBOOK

TEAMWORK ★ LEADERSHIP ★ AQUATIC SAFETY

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[MISSION STATEMENT

The Mission of the California State Parks Folsom Lake Junior Lifeguard Program is to provide high-quality water safety and environmental education while creating unique recreational opportunities for the youth of California.

The Junior Lifeguard Program emphasizes three pillars of development: teamwork, leadership, and aquatic safety. The program is designed to improve young peoples' physical conditioning, understanding and respect for the environment, and respect for themselves as well as their peers.

Teamwork is developed through a structured program that focuses on learning proficient communication skills in a group dynamic. Mutual respect, shared goals and values, accountability, and collaboration are the foundations of a team that can work together to overcome challenges and achieve desired outcomes.

Leadership is achieved by having the junior lifeguards learn problem solving, critical thinking, and communication skills through experiential learning and mentorship within their respective groups. JGs are encouraged to demonstrate integrity, tenacity, and a willingness to learn at all times.

Aquatic safety is accomplished through activities that include instruction and practice in open water swimming, beach running, paddle boarding, kayaking, diving, self-rescue, and exposure to inland reservoir, ocean, and swift water environments.

The mission of the Folsom Lake Junior Lifeguard Program embraces opportunities for community involvement and partnerships in educational instruction. The mission includes seizing special opportunities that introduce non-traditional user groups to the wonders of aquatic recreation environments.

[CONTACT INFORMATION

Folsom Lake Junior Lifeguard Coordinator: Matthew Trefry

Folsom Lake Junior Lifeguard Coordinator: Angelica Gale

Beach Phone: (916) 836-6713

Admin Phone: (916) 214-5833

Email: folsomjrlifeguard@parks.ca.gov

Aquatic Supervising Lifeguard: Ryan Steele

Email: ryan.steele@parks.ca.gov

Mailing Address: 7755 Folsom-Auburn Road Folsom, CA 95630

[PROGRAM DATES]

Session dates vary on a yearly basis, but typically run from the beginning of June, through July, and into the beginning of August. Please refer to the [Folsom Lake Junior Lifeguard Website](#) for current session calendars, tryout requirements, and all program details. You may contact the Junior Lifeguard Coordinator at folsomjrlifeguard@parks.ca.gov for any specific questions you may have that are not addressed in the website.

Notice: Program dates and hours may be subject to changes or cancellation. Refunds may not be provided for days canceled due to rain, excessive heat warnings, smoke from local fires.

[PROGRAM HOURS]

Regular Summer Program Hours: 9:00 a.m. to 2:00 p.m. Monday through Friday. Exceptions to normal Program hours will be announced for field trips and other special events.

California State Parks is not responsible for students outside of scheduled program hours and activities. Parents are responsible for their children immediately prior to and immediately following scheduled program hours. Parents are expected to be prompt at dropping off and picking up their junior lifeguards.

*Please do not park in handicapped parking, red zones, double park, or leave vehicles unattended in a loading zone when picking up or dropping off children. Law Enforcement will strictly enforce all parking regulations.

Parking permits will be handed out after the completion of junior lifeguard tryouts or during the first day of instruction. Permits are only valid Monday through Friday for the session the student is enrolled in, and can only be used for pick up and drop off. Parking permits must be displayed upon park entry and clearly displayed within your vehicle while parked. Additionally, all cars entering the park must stop at the kiosk to present their permit.

[PROGRAM LOCATION]

The Folsom Lake Junior Lifeguard Program is held at Black Miners Bar in Orangevale, CA. Exceptions to the normal program location will be announced for weather changes, field trips, and other special events (field trip schedule and information will be handed out on the first day of JGs).

[PROGRAM FEES

TUITION

\$495 for one session (Summer Session 1 and 2)

We offer a \$50 sibling discount applied to the second child who is enrolled and a \$50 dual session discount for enrolling in both sessions. Email us so we can process the dual session discount manually.

We do not offer reduced rates for partial sessions. Furthermore, we do not allow 'split sessions'. Your child may attend Session One, Session Two, or both sessions.

Notice: Program dates and hours may be subject to change or cancellation. Refunds may not be provided for days canceled due to rain, excessive heat warnings, smoke from local fires, or other circumstances beyond our program's control.

The tuition fees include 1 junior lifeguard uniform t-shirt, 1 junior lifeguard patch, 1 junior lifeguard rashguard, lectures, instruction, beach activities, and a certificate of completion (to be given at the end of the program). The camping trip is the only event that will require additional expenses outside of what we provide. This can include food, water, transportation, and camping supplies. Campsite fees for this trip are included in the tuition.

[TUITION ASSISTANCE

A limited amount of tuition assistance is available, and it is available on a first come, first served basis during regular enrollment periods. If your child, or the child of someone you know, cannot participate in the Junior Lifeguard Program without tuition assistance, please contact us regarding a scholarship via email and we will send out a form to be completed. Please complete the form and mail it to:

Attn: Ryan Steele
7755 Folsom Auburn Rd
Folsom, CA 95650

*Note: If you or your business is interested in making a donation to our Junior Lifeguard Program, please contact us.

[REFUND POLICY

- If a participant is unable to pass the tryout, their tuition will be refunded in full.
- There is a \$50.00 fee for cancellations made prior to the first day of instruction.

- Students may drop from the program at any time prior to the completion of the first week of instruction and receive a 50% refund of tuition. After the commencement of the first day of instruction of the program's second week, no refunds will be made.
- Injuries during the program that precludes the student's further participation in activities will be given a pro-rated refund based upon the remaining number of days in the program including the date of injury.
- There is no refund of tuition for students that are suspended (1-3) days or for students that are expelled from all further program activities for disciplinary reasons.

Notice: Program dates and hours may be subject to change or cancellation. Refunds may not be provided for days canceled due to rain, excessive heat warnings, smoke from local fires, or other circumstances beyond our program's control.

[AGE REQUIREMENTS]

The age requirement for Junior Lifeguards is 8-16 years of age on the first day of instruction. Some of the training will be in one large group; however, the kids will often be divided into three smaller groups. The groups are primarily based on age; but strength, ability and confidence are also considered. Generally, 13-16 year olds are in the "A" Group, 12-13 year olds are "B's", 8-11 year olds are "C's".

Note: A child may only be moved up or down into a different age group at the Coordinator's discretion. This is determined on a case by case basis.

[INSTRUCTORS]

The Junior Lifeguard Program is taught by professional State Park Lifeguards and specially-trained support personnel. The lifeguards have extensive experience and rigorous training in open water rescue, beach safety, first aid, and CPR. The instructors also have teaching and interpretation experience with children and several guest lecturers are utilized to share their knowledge and experiences with the junior lifeguards to further enhance their learning experience.

Safety and education are our primary objectives. The supervision level follows the statewide standard ratio of 20 students to 1 junior lifeguard instructor as the minimum level of supervision. In addition to the lifeguard instructors, there will also be junior lifeguard assistants, the beach and administration coordinators, State Park Rangers and Permanent Lifeguards, a Supervising Permanent Lifeguard and other beach lifeguards to aid in supervision and safety of the junior lifeguards.

Names and titles of the Junior Lifeguard Management Staff:

Matthew Trefry: JG Program Coordinator/Lifeguard II

Angelica Gale: JG Program Coordinator/Administration

Ryan Steele: State Park Peace Officer/Lifeguard Supervisor

[JUNIOR LIFEGUARD ASSISTANTS

We are looking for youths 13-16 years of age who would like to participate in the Junior Lifeguard Assistant Program (younger assistants may be approved by instructor staff). Previous junior lifeguard experience, strong swimming skills, and maturity are required. Assistants must have at least one session of prior experience as a junior lifeguard before trying out for an assistant position.

Junior lifeguard assistants help the instructors with various tasks to keep the program running smoothly, such as providing extra supervision, setting up games, and reviewing lecture material with the junior lifeguards. In addition to aiding the instructors, the assistants are also taught extra skills through introductory lifeguard training. Being an assistant is hands down one of the best ways to prepare to be a California State Parks Lifeguard.

Assistant hours are 8:30 a.m. - 3:00 p.m., Monday through Friday

Junior Lifeguard Assistant Programs have successfully prepared young people for Seasonal Lifeguard employment and have helped produce some of the finest lifeguards in the state! Mandatory assistant tryouts and interviews will be scheduled sometime before the program starts. In exchange for their hard work as an assistant, assistants will receive a 100% tuition scholarship for the session they are assisting in. Assistant tryouts consist of the following:

1. 500 yard open water swim in 15 minutes
2. 100 yard run - 200 yard swim - 100 yard run in 5 minutes
3. Interview

Potential assistants should email the coordinators in advance of the tryout to express interest in the position. Furthermore, interview skills will be assessed so it is important to come prepared for a formal interview with a resume and appropriate attire.

[JUNIOR LIFEGUARD TRYOUT

The Junior Lifeguard Program is not a “learn to swim” school. Therefore, prospective students are screened at a tryout test to see if they have the minimum skills needed to benefit from the Junior Lifeguard Program.

The instructors approve a child’s skill level based upon successful completion of the test as well as the child’s swimming competence and confidence.

*Please understand that a child may physically complete all phases of testing and still may not be accepted into the Junior Lifeguard Program. This is done for the safety of the child, as well as the success of the program.

Tryout test dates are posted to the website each year in early spring prior to the start of the program. Participants will be swimming in the lake every day throughout the program; therefore, they must be able to successfully try out in the same environment.

The tryout test consists of the following:

1. 150 yard open water swim (pass/fail)
2. Swim 10 yards underwater (pass/fail)
3. Tread water 3 minutes (pass/fail)

All students enrolling in the program for the first time must successfully complete the testing process to be eligible for the program (NO EXCEPTIONS). Returning junior lifeguards who participated in the program the previous year do not need to complete a tryout for the following year.

Participants who had a lapse in participation will need to re-qualify in a tryout test. Goggles and/or wetsuits are allowed, but goggles are discouraged.

[ENROLLMENT

Enrollment in the Junior Lifeguard Program is on a first come first served basis. Students are considered enrolled in the program once their information has been successfully submitted and accepted. The email confirmation you receive after online enrollment is your tuition receipt. Due to the program's popularity, both sessions have a tendency to fill quickly. Enrollment may be revoked due to failure to complete the tryout test.

[UNIFORMS

We require students to wear a uniform for team camaraderie and safety. The uniforms allow the instructors to monitor the junior lifeguards and distinguish them from other children on the beach. Junior lifeguards must wear the required uniform in order to participate in the program.

Student required uniform: The junior lifeguard required uniform is the navy blue t-shirt with the junior lifeguard logo (included in the course fees), and a navy blue swimsuit with a patch. Navy blue sweats are recommended for warmth on cold mornings, and especially for the Santa Cruz trip. Please write your child's name on the outside of his or her uniform and all other personal gear.

Uniform items available for purchase (pricing can be found listed on the uniform order form):

- Navy blue t-shirt with JG logo (one included with registration)
- Red Rash guard with white JG logo (one included with registration)
- Navy blue hooded sweatshirt with JG logo

- Navy blue sweat pants with JG logo
- Navy blue board short with JG patch sewn on
- Backpack
- Hat
- JG Patch

Uniform Bundles for purchase:

Santa Cruz Bundle - this is not required but the name is coined after the essential items JGs usually wish they had for the Santa Cruz trip.

This bundle includes: 1 sweatshirt, 1 pair of sweatpants, 1 backpack, and 1 hat.

Value Bundle - This is a bundle of the most common items participants purchase, bundled for a discounted rate.

This bundle includes: 1 pair of boardshorts, 1 extra t-shirt, 1 sweatshirt, 1 pair of sweatpants, 1 backpack, and 1 hat.

Uniform items can be purchased in person on the beach during regular JG hours.

For your benefit, we sell only high-quality merchandise at or near wholesale prices. Tax is included in the price. All proceeds go directly back into the Junior Lifeguard Program.

JG Uniform Pick-Up: Uniform orders will be distributed at the start of the program. It is recommended that the uniforms are purchased as early as possible as sizes tend to sell out.

JG Assistant Uniforms: The junior lifeguard assistants are required to wear the same navy blue swim shorts and are issued a yellow assistant t-shirt.

Instructor Uniforms: Junior lifeguard instructors are distinguished from assistants and students by the official California State Park red lifeguard uniform swim trunks/swimsuits and lifeguard patch, a navy blue t-shirt with the official California State Park Lifeguard emblem on the left breast with the instructor title across their back.

All JGs must have their name - clearly written in black - on the yellow screen printed paddles of their uniform pieces.

[JUNIOR LIFEGUARD CALENDAR AND ITINERARY

A session calendar will be posted to our website prior to the start of each session. Please read it carefully as the location of our program changes during field trips and other special days. Be aware that the daily schedule is tentative and subject to change due to unforeseen circumstances such as inclement weather, dangerous conditions, hazards, and the schedules of our guest lecturers. In the event of rain, smoke,

extreme heat, etc., please monitor your email and the junior lifeguard social media accounts for program changes. California State Parks follows Cal/OSHA safety guidelines for wildfire smoke in order to protect our lifeguards and junior lifeguard participants.

*Note: Any changes of the program's location will be accompanied by an email several days prior to the change. Please check your email for more information. The only exception being unforeseen changes due to weather conditions such as extreme heat or smoke due to local fires.

Daily Itinerary:

9:00 Drop-off and Check-in

9:00 – 9:45 Roll call, warm-up, and stretching (roll call, announcements, notes from parents, remove beach hazards, and prepare for the daily workout.) (APPLY SUNSCREEN)

10:00 – 10:45 Daily PT (various core strengthening techniques, jumping jacks, push-ups, distance running, sprint exercises, and swimming and paddling.)

10:45 – 11:00 Snack time, dry off and prepare for the daily lecture (APPLY SUNSCREEN)

11:00 - 12:00 Daily lecture (daily lecture topics include lake safety, environmental awareness, lake recreation, swift water/cold water safety, first-aid, CPR and lifesaving techniques.)

12:00 – 12:30 Lunch time (bring your own sack lunch to eat on beach) (APPLY SUNSCREEN)

12:30 – 1:15 Lecture review, circuit training, or beach competitions (beach games including water flags, beach flags, soccer, kick-ball, the famous “death-ball”, competitive circuits, and other team games.)

1:15 – 1:40 Free time!!!! (JGs will get to use all the junior lifeguard equipment under the supervision of their instructors including safe use of soft surfboards, kayaks, balls, and all other JG equipment)

1:40 – 1:50 Beach clean-up (pick up all trash, pick up all personal belongings, help clean and put away all JG equipment, and leave the beach cleaner than how we found it)

1:50 – 2:00 Roll-call, announcements, and dismissal (JGs cannot leave until checked out)

*NOTE: This itinerary is subject to change based on a day to day basis depending on activities.

[JUNIOR LIFEGUARD REQUIREMENTS

All junior lifeguards need to report to Black Miners Bar Swim Beach at 9:00 am and will leave the beach at 2:00 pm. Parents and guardians are responsible for their children before 9:00 am after 2:00 pm! Junior lifeguards should be on time, in full uniform, and prepared for a full day on the beach (i.e. – sand, sun, fog, cold weather, cold water, exercise, lectures, etc.). JGs names should be clearly written on all gear.

*NOTE: Field trip days may have different reporting times and locations. Field trip info will be made available before the trips.

Participation: PARTICIPANTS ARE REQUIRED TO PARTICIPATE IN ALL REGULAR JG PROGRAM ACTIVITIES!

Parents should be aware that rigorous physical exercise and lake swims are a daily part of the program. If a participant is unable to participate in certain activities, the student must give a note (from a parent/guardian or doctor) to one of the instructors first thing in the morning. Refusal to participate may result in the child's removal from the Program.

[SPECIAL EVENTS

Special Events Purpose: As a part of the Folsom Lake Junior Lifeguard Program, we strive to teach all participants about teamwork, leadership, and aquatic safety. Teamwork and leadership skills are built throughout the program and as the participants are exposed to Lake Natoma, our inland reservoir, they begin to develop an understanding for aquatic safety. In order to round out the final pillar of aquatic safety, we teach our junior lifeguards about all three water environments: inland reservoir, swiftwater, and ocean environments. Our goal is that by the end of each session, the junior lifeguards can show an understanding of teamwork, leadership, and aquatic safety in all three aquatic environments.

Santa Cruz Camping Trip: The Santa Cruz camping trip will be held the third week of the program. This is a voluntary activity, although it is highly encouraged for the experience and comradery. While we will be camping together, the lifeguards will only be responsible for the JGs during the normal 9:00 am to 2:00 pm times. Outside of these hours, PARENTS WILL BE IN CHARGE OF SUPERVISION FOR THEIR CHILDREN. This means parents will be responsible for transportation to and from Santa Cruz, to and from the beaches we will be holding activities at, food, water, and other camping supplies. This might sound like a lot, but the kids really grow from this experience, and we firmly believe in the necessity of learning about all the different water environments. Additionally, we often get to meet other junior lifeguard programs and either compete or play games with them. During these trips all participants are expected to be on their best behavior and all rules outlined in the Santa Cruz Camping Contract are to be followed. For more information regarding the Santa Cruz camping trip please see the attached document. **Note: No person associated with, or visiting the camp-out, is allowed to possess or use alcoholic beverages or illegal drugs, including cannabis.**

Rafting Trip: For the rafting trip, we will be taking the JGs down a small section of the American River. The day will be held during the regular JG hours; however, the start and end locations will be different. The drop off and pick up location will be at American River Raft Rentals located at 11257 S Bridge St Rancho Cordova, CA 95670. JGs will still be bringing most of their gear with a few exceptions. Due to limited storage on the rafts, everything brought with them must be inside a closed one gallon ziplock bag with their name sharpied on the front. Additionally, all JGs must come in their rash guard, board shorts, and footwear with closed or strapped ankles. Examples of this would be old sneakers, Tevas with ankle straps, or water shoes. Lastly, any important medical devices or medications that need to be taken down the river need to be given to the coordinator or a lifeguard (please try to waterproof it as much as possible).

Bike Day: Bike day is a day where we explore the vast expansion of bike paths around the Folsom area on bikes. For this day, we will be on the lower lake (Lake Natoma) and will bike around the entire lake, stopping at several different spots along the way. The day will run at regular hours, and JGs will still be required to bring all essentials including water, lunch, sunscreen, and their uniform. They will additionally be in charge of bringing a bike, preferably with gears, a working helmet, a backpack for all of their gear, and lace up shoes. Any JG that forgets to bring any one of these items will not be permitted to go on bike day and will be sent home.

Note: Bike day has been removed from our programming for 2023.

Volunteers: Parent volunteers are appreciated for many different days throughout the program. Activities where volunteers could be used are the rafting trip, bike day, and the Iron Guard competition. If you are interested in participating in any of these activities, please send us an email of your interest.

[ATTENDANCE

Attendance is taken a minimum of twice daily for accountability. Please notify us if your child will be absent for more than two days in a row.

Due to the fast paced nature of our four week program, we ask that participants limit their planned absences to two days only. Participants are expected to participate in the program regularly to learn the necessary skills for some activities. Failure to attend the program regularly may result in inability to participate in some activities at the coordinator's discretion.

If you are planning to miss more than 2 days of the program, please email folsomjrlifeguard@parks.ca.gov for approval prior to enrollment.

[BEHAVIORAL EXPECTATIONS & DISCIPLINE

The Folsom Lake Junior Lifeguard Program strives to have a positive impact and create a safe and sound environment for its young participants. In order for this to occur, students must exhibit behavior that demonstrates respect for the program's rules, our staff, other students, our equipment, and facilities. Examples of correct behavior include but are not limited to:

- Respect of instructors and other staff
- Respect of other students; no shoving, hitting or insulting
- Respect of the facilities, equipment and property of others
- Shows aspects of teamwork and leadership
- Following all safety rules and all instructions
- Listening quietly to directions and announcements
- Not being disruptive during program lessons and activities
- Actively participating in regular program activities

* Please note: The intent of discipline at JGs is to gain compliance while instructing the student of acceptable forms of behavior. Accomplishing this requires effort by the student, staff, and parents/guardians.

Safety is a primary concern at JGs, and as such, failure to adhere to program rules and/or staff requests will not be tolerated. A student who fails to follow the rules not only disrupts the smooth and safe operation of the program, but can diminish the overall enjoyment and education of other students. Therefore, California State Parks has developed the following discipline policy.

Progressive Steps of JG Program Discipline:

Step 1 – Verbal warning and counseling: When a minor discipline incident occurs, the student will be counseled and given a description of the behavioral change that is required. Examples of incidents related to step 1 can include failing to follow instructions and/or failure to adhere to general program rules.

Step 2 – Time out (cool-off period), physical fitness reprimand, or loss of privileges: If subsequent or more serious incidents occur, the student may be asked to “take a time out,” “take a lap,” and/or perform a series of push-ups. For more serious incidents, a student may be asked to sit out for the duration of an activity such as “free play,” in addition to the previously mentioned actions.

* Please note: A “time out” is a 5-10 minute period that the student spends quietly reflecting on the incident; a “lap” is a supervised swim or run of reasonable distance; and a “series of push-ups” is one or more sets of push-ups within the ability level of the student. Like all discipline situations at JGs, incidents in this category will include a verbal counseling and a description of the appropriate/expected behavior.

Step 3 – Parent Contact: If a series of discipline situations occur, or in the event of a serious discipline incident, the child’s parent or guardian will be contacted. The intent of a parent contact is to enlist the help of the student’s parent or guardian in order to correct the behavior.

Step 4 – Suspension: A student who continually disregards rules or instructions will be suspended for 1 day. If this occurs, the parent or guardian will be advised as to when the child can return to the program and what steps will be taken if the child fails to improve.

Step 5 – Expulsion/termination from the JG Program: If the child’s behavior remains unacceptable after previous disciplinary steps, then the parent or guardian will be informed and the child will be dropped from the program.

* Please note: Major first time incidents may progress the student directly to steps 3, 4 or 5. Students who receive a level 4 or 5 discipline response will not receive a refund for their participation in the program and may be disqualified from participating in the program in the future. Examples of major (level 4 or 5) incidents include but are not limited to the following:

- Insubordination/disrespecting the staff
- Fighting
- Truancy or leaving the program area without permission
- Unlawful or non-consensual touching of another person
- Vandalism of equipment of facilities
- Stealing the property of another
- Safety violations
- Use of alcohol or illegal drugs
- Other conduct which brings disrespect to the Junior Lifeguard Program or California State Parks

Unauthorized forms of Junior Lifeguard Program Discipline:

At no time will physical touching or corporal punishment, the threat of physical touching or punishment of any type, or any activity that could subject the student to humiliation or ridicule be used as discipline.

[PARENTAL CONDUCT & SPORTSMANSHIP

Parental conduct and sportsmanship is an important aspect of our program. Parents must exhibit behavior that demonstrates a respect for the program's rules, our staff, other students, our equipment, facilities, and other families.

Examples of expected behaviors include but are not limited to:

- Reading the Parent Handbook
- Following all rules and all instructions: this includes reading all weekly emails
- Adhering to all laws within our California State Parks
- Cooperation with staff and having good sportsmanship
- Arriving on time for pick-up
- Using junior lifeguard social medias appropriately, showing respect for all participants

Failure to follow these rules may result in your child being removed from our program or action taken by law enforcement.

[SPECIAL ACCOMMODATIONS

Prospective students desiring special accommodations or services under the Americans with Disabilities Act must notify the program supervisor at least sixty (60) days prior to the start of the program, or as soon as reasonably possible.

[NOTICE OF NONDISCRIMINATION POLICY

The California State Junior Lifeguard Program admits students of any race, color, national or ethnic origin to all the rights and privileges, programs and activities generally accorded or made available to students at the program. The state does not discriminate on the basis of race, color, national or ethnic origin in administration of educational policies, scholarships, athletic and other program-administered programs.

[COMMENTS & SUGGESTIONS

Your comments, suggestions, input and ideas on our program are welcome and greatly appreciated. Please feel free to email the program leaders anytime!

SANTA CRUZ CAMPING CONTRACT

Folsom Lake SRA Junior Lifeguards
folsomjrlifeguards@parks.ca.gov

JG name(s): _____

This contract must be completed and turned in no later than the Monday prior to departure in order to participate in the camping trip.

I have read and understand the parent handbook and agree to follow all rules outlined in the handbook.

I understand that participating in the Junior Lifeguard Santa Cruz trip is a privilege. Check in is to occur no sooner than 3:00 PM on the first day of the camping trip and campers are expected to vacate the campground no later than 11:00 AM on the final day of the camping trip.

I understand that I, or a designated adult guardian, am responsible for my child at all times; this includes, but is not limited to, transportation to/from daily JG activities, down-time at the campsite, and all supplies and meals necessary for the duration of the trip. The Folsom Lake Junior Lifeguard Program is not responsible for providing any transportation, camping supplies, or meals for the camping trip.

I understand that I must follow all campground policies. I understand that I must comply with any parking arrangement requests from State Parks personnel. No vehicle is permitted to be parked off of the pavement in any way, at any time.

I understand that alcohol is prohibited for State Parks sponsored events. Alcohol will not be permitted on State Parks property for the duration of the camping trip.

I understand that I am responsible for my own accommodations if wishing to stay in a site other than the group site. Furthermore, the Folsom Lake Junior Lifeguard program is not responsible for providing accommodations for any RV/trailers.

I will be respectful and courteous to all campers and State Parks personnel.

I understand that if at any time I am found to be in breach of this contract me, and my child, will be asked to leave immediately.

If my child's participation is revoked due to breach of contract I understand that I will not be given a refund for program tuition.

Parent's Name(s): _____

Parent's signature(s): _____

Please indicate your overnight plans in Santa Cruz by selecting one of the following.

☐ I will be staying in a group campsite with my child

☐ My child will be staying in a group campsite with another family (If your child is staying with another family, please include their contact information in the camping box below)

☐ I will be staying off-site (hotel, with family, AirBnB, etc.) with my child (Please indicate your vehicle information below)

☐ My child will be staying off-site with another family (If your child is staying with another family, please include their contact information in the camping box below)

☐ My child will not be attending the camping trip

Please list all members of your party who will be in the group site, or who is responsible for your child if you are not present on the trip:

Name	Age	JG / Relation to JG	Contact Info

Please list the vehicle information for all vehicles your family will be taking on the trip, even if you are staying off-site but will be driving your child to JGs: (if your child is staying with another family you can leave this blank)

Make	Model	Color	License Plate

All information regarding the camping trip may be found in the email sent to your email address on file, the subject line of this email was JG Weekly Memo - Santa Cruz.